



Gary Richard Herbert

Governor

Declaration

Whereas, family meals have long constituted a substantial pillar of family life in America;

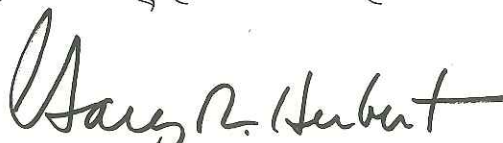
Whereas, interaction between family members during meals has many positive effects on the social, emotional, and physical well-being of families and individuals, particularly youth;

Whereas, children who are engaged with their parents through supportive activities, such as frequent family meals, are more likely to limit the use of harmful or illegal substances; achieve greater success in school; develop a high self-esteem; experience fewer mental and behavioral issues; have lower obesity rates; cultivate improved communication skills; build stronger ties with their families; and develop healthier eating and life style habits; and

Whereas, we encourage families to make time to eat and socialize together around the dinner table at least once a week, enjoying one another's company, strengthening relationships, and eating nutritious foods;

Now, therefore, I, Gary R. Herbert, Governor of the State of Utah, do hereby declare September 2014 as

Healthy Family Meals Month in Utah


Gary R. Herbert
Governor